



**Jodi Ross**  
Town Manager  
978-692-5500

[jross@westfordma.gov](mailto:jross@westfordma.gov)  
[www.westfordma.gov/tm](http://www.westfordma.gov/tm)

*Cameron Senior Center  
now open again at  
20 Pleasant Street.*

*Special Town Meeting is  
October 18, 2010*

Watch Meetings Online



[www.westfordcat.org](http://www.westfordcat.org)

Visit  
[www.westfordma.gov](http://www.westfordma.gov)  
for current news and  
information.

## **Dear Westford Residents,**

**July 2010**

After years of hard work and determination by many town residents, volunteers, town officials and supporters, the newly renovated and expanded Cameron Senior Center has finally opened! It is a gorgeous facility that will certainly fulfill our seniors' needs for many years to come. We plan to have an opening celebration soon to show off this wonderful municipal facility.

The town hall renovation and expansion project is moving forward on schedule and we hope to be moving in during the month of October. Many thanks to the Permanent Town Building Committee members for overseeing both this project, and the Cameron Senior Center project, and to Leslie Thomas for coordinating the colors, fabrics, flooring, and basically all of the interior components of both buildings. These volunteers have contributed countless hours to make these buildings both functional, and aesthetically beautiful.

The Board of Selectmen has set the date of our fall town meeting for October 18, 2010. Stay tuned to learn more about what you will be asked to vote upon at that meeting.

Please join me in welcoming our new Veteran's Service agent, Terry Stader. Terry may be reached by calling 978-392-1170, and his office will continue to be located in the Millenium School.

The Water Department hired a new water treatment plant manager, Stephen Cronin, who comes to us with years of experience in water treatment management. Robin Fullford, longtime employee of the Water Department has accepted a new position with the town of Lexington, and will be leaving us in July. We would like to thank Robin for her years of service to Westford, and wish her the best in all of her future endeavors.

The final details of the lease of town buildings to the Roudenbush Community Center are being worked out. We will be asking the selectmen to review the lease at their meeting on July 13th.

Have a great summer.

Sincerely,



## **LYME DISEASE AND WEST NILE VIRUS PROTECTION**

With summer upon us and outdoor activities and recreational sports increasing, we encourage families to take precautions to prevent tick and mosquito borne illness. The peak time for exposure to West Nile Virus and Lyme disease extends through the fall.

### **LYME DISEASE**

Reported cases of Lyme disease continue to grow in Westford. Forty-seven cases were reported last year, in comparison to 2004, when we received only 10 reported cases. Lyme disease is caused by bacteria. Initial symptoms usually begin 3 to 30 days after a person is bitten by an infected deer tick and *may* include an expanding rash at the site of the bite and/or flu-like symptoms. If left untreated, the bacteria can spread to almost any site in the body and can cause arthritis, neurological difficulties, and/or heart problems. Cases of Lyme disease occur throughout Massachusetts.

Ticks are found throughout Massachusetts and go through a multiple-stage life cycle that includes larval, nymphal, and adult stages. Ticks are most active during warm weather months (May-June for nymphs and October-May for adult ticks), but can be active year-round when temperatures are above freezing. Ticks are generally found in grassy, brushy, or wooded areas. Ticks do not fly or jump. They attach to animals or people that come into direct contact with them. Deer tick nymphs are the size of a poppy seed and deer tick adults are the size of a sesame seed.

### **Protect your family and pets from tick bites.**

Prevention begins with you! Follow these tips if you live, work, or spend leisure time in an area likely to have ticks:

- The single most important thing you can do is check yourself for ticks once a day. Favorite places ticks like to go on your body include areas between the toes, back of the knees, groin, armpits, and neck, along the hairline, and behind the ears. Remember to check your children and pets, too. Remove any attached tick as soon as possible.
- Stick to main pathways and the center of trails when hiking.
- Wear long-sleeved, light colored shirts and long pants tucked into your socks.
- Use repellents that contain DEET on your clothes or exposed skin, or those that contain permethrin on your clothes.
- Talk to your veterinarian about the best ways to protect your pets and livestock from ticks.

There is currently no human vaccine available to protect against Lyme disease.

**Reduce the number of ticks around your home.**

- You don't have to be walking in the woods to be bitten by a tick. You can be in your own backyard! You can reduce the number of ticks around your home by following these tips:
- Keep grass cut short.
- Remove leaf litter and brush from around your home.
- Prune low lying bushes to let in more sunlight.
- Keep woodpiles and birdfeeders off the ground and away from your home.
- Keep the plants around stone walls cut short.
- Use a three-foot wide woodchip, mulch or gravel barrier where your lawn meets the woods. Ticks are less likely to cross the barrier into the lawn because they are prone to drying out. It also serves as a reminder that people who cross the barrier into the wooded area may be at higher risk of getting ticks.
- Ask your local nursery about plants to use in your yard that do not attract deer.
- Use deer fencing (for yards 15 acres or more).
- If you choose to use a pesticide to reduce the number of ticks on your property, hire a licensed applicator experienced with tick control. Your local landscaper or arborist may be a licensed applicator. In general, good tick control can be achieved with no more than two pesticide applications in any year. When selecting an applicator, ask if they will provide:
- A written pest control plan that includes information on the pesticide to be used.
- Information about non-chemical pest control alternatives.
- Signs to be posted around the property after the application.

**If you find a tick on yourself or a family member or pet:**

The tick should be carefully removed as soon as possible. The longer an infected tick remains attached to a person or animal, the higher the likelihood of disease transmission. Promptly remove any attached tick using fine-point tweezers. Grip the mouthparts of the tick as close to the skin as possible. The tick should not be squeezed or twisted, but pulled straight outward with steady, gentle pressure. You should *not* apply kerosene, petroleum jelly, nail polish, or a hot match tip to remove the tick. These measures are not effective and may result in injury. Circle the calendar date and note where on the body the tick was removed. You may want to save the tick for identification. The tick may be kept either securely sealed within a small plastic bag or attached with clear tape to a piece of paper. For individuals who do not wish to keep the tick, it can be either drowned in rubbing alcohol or flushed down the toilet.

Whenever someone removes an attached deer tick from his/her body, he/she should watch for the appearance of rash, fever or flu-like symptoms and immediately seek the advice of a health care provider should any symptoms occur, especially if the tick was attached for more than 24 hours. Your physician may choose to treat you following a deer tick bite.



#### **WEST NILE VIRUS**

Risk can be decreased by reducing an individual's exposure to mosquitoes and taking special precautions during periods of higher probability of infection. WNV is a virus transmitted most commonly through mosquitoes. The virus grows in birds and is spread from bird to bird by infected mosquitoes. If mosquitoes infected with the virus bite horses or humans, the animal or person can become sick.

WNV causes illness that varies from a mild fever to more serious disease like encephalitis or meningitis. Persons older than 50 years of age have a higher risk of developing severe illness. In a small percentage of people infected by the virus, the disease can be fatal.

We recommend that all residents follow these simple measures within their families to reduce the chance of being infected:

- **Avoid Outdoor Activity During Peak Mosquito Hours.**

The hours from dusk to dawn are peak mosquito biting times for many mosquitoes. Take extra care to use repellent and protective clothing during evening and early morning hours -- or consider avoiding outdoor activities during these times.

- **Clothing Can Help Reduce Mosquito Bites**

When possible, wear long-sleeves, long pants and socks when outdoors during peak mosquito activity time.

- **Apply Mosquito Repellent When You Go Outdoors**

A wide variety of mosquito repellent products are available. The most effective repellents contain **DEET** (N, N-diethyl-m-toluamide), **Picaridin** (KBR 3023) or **Permethrin**. Always follow the instructions on the product label. DEET and Picaridin products can be used directly on skin and on clothing. Permethrin products can be used on clothing but **not** directly on skin. Oil of lemon eucalyptus has also demonstrated efficacy against mosquito bites, with protection similar to repellents with low concentrations of DEET. Products containing DEET **should not** be used on children less than 2 months of age and should be used in concentrations of **30% or lower** for older children.

Apply only as much repellent as needed. Choose a product that will provide sufficient protection for the amount of time that you will be spending outdoors. Saturation does not increase repellent efficacy. Product labels often indicate the length of time that you can expect protection from a product. Keep repellents away from eyes, nostrils and lips; do not inhale or ingest repellents or get them into the eyes. Avoid applying repellents to portions of children's hands that are likely to have contact with eyes or mouth. Never use repellents on wounds or irritated skin. Wash repellent-treated skin after coming indoors.



## Protection from Skin Cancer

Spending time outdoors is part of a healthy, active life. But whether you enjoy tennis, hiking, gardening, or running, take some precautions when you're out in the sun.

### Skin Cancer Facts

- More than 2 million skin cancers are diagnosed each year in the United States. That's more than cancers of the prostate, breast, lung, colon, uterus, ovaries, and pancreas combined.
- Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. Much of this exposure comes from the sun, but some may come from manmade sources, such as tanning beds.
- Contrary to popular belief, 80 percent of a person's lifetime sun exposure is not acquired before age 18; only about 23 percent of lifetime exposure occurs by age 18
- One in 55 people will be diagnosed with melanoma during their lifetime.
- One blistering sunburn in childhood or adolescence more than doubles a person's chances of developing melanoma later in life.
  - A person's risk for melanoma doubles if he or she has had five or more sunburns at any age.

**Follow these practical steps to stay sun-safe -- they provide the best protection when used together.**

### Cover up

- When you are out in the sun, wear clothing to protect as much skin as possible. The ideal sun-protective fabrics are lightweight, comfortable, and protect against exposure even when wet.
- Use a sunscreen with a sun protection factor (SPF) of 15 or higher
- Experts recommend products with a sun protection factor (SPF) of at least 15. The SPF number represents the level of protection against UVB rays provided by the sunscreen -- a higher number means more protection. Be sure to read the label before you buy.
- Use 1 ounce of sunscreen (a "palmful") to cover your arms, legs, neck, and face. For best results, reapply every 2 hours -- even more if you are swimming or sweating. Don't forget to protect your lips by using a lip balm with SPF. And don't skip it just because it looks overcast outside: UV light still comes through on hazy days.



### Health Department Summer News

Pages 2-6

#### **Wear a hat**

A hat with at least a 2- to 3-inch brim all around is ideal to protect your neck, ears, eyes, forehead, nose, and scalp.

#### **Wear sunglasses that block UV rays**

Invest in a pair of wrap-around sunglasses with at least 99% UV absorption to block damaging UVA and UVB light.

#### **Limit direct sun exposure during midday**

UV rays are most intense during the middle of the day, usually between the hours of 10 am and 4 pm. It's best to plan your outdoor activities outside that timeframe, if possible.

#### **Avoid tanning beds and sunlamps**

Tanning lamps give out UVA and frequently UVB rays, as well. Both UVA and UVB rays can cause serious long-term skin damage, and both contribute to skin cancer. Our advice: skip the tanning bed and try a bronzing lotion or self-tanning cream.

#### **RABIES**

Please assist us by reinforcing with your family the importance of avoiding any wild stray or dead animals. Report any bat exposures immediately to your medical provider. This includes discovering a bat in your bedroom upon waking even if you are unsure of the exposure.

Additional information on all these topics can be obtained through the Health Department.





### **The Town of Westford submits reimbursement to FEMA for Disaster Relief from Spring Floods**

As the Highway Department is looking ahead to plan and execute our Summer operations, we'd like to take a moment to go back, to bring you up to date on the floods the Town experienced this past spring. The Town of Westford received an intense rainstorm, totaling approximately 3.5 inches of rain, which resulted in many emergency situations. On Sunday, March 14, 2010, in response to the precipitation, the Highway Department dispatched several crews to control the Town wide flooding. The work performed by these crews included the removal of debris and clearing waterways that were becoming clogged with vegetation and debris. These waterways and drainage structures included, but were not limited to, catch basins, streams, culverts, drainage pipes and drainage channels. Additionally, crews barricaded and closed roads as necessary to maintain public safety.

On Monday, March 15, 2010, efforts continued on all fronts to maintain clear drainage channels. At approximately 7:00 am, the Highway Department was notified that the Nabnasset Lake Dam wasn't functioning properly. The Highway Department received many phone calls from concerned residents reporting that their basements were beginning to flood, and this has never happened before. The Highway Department responded to survey the Dam. We noticed the level of water in the lake had exceeded the high water flood stage level and this was due to debris that had collected in the spillway exit pipe. Crews attempted to clear this debris using the Town owned SewerJet and were successful in re-establishing full flow to the spillway. Due to the large size of the lake and the many streams that run into it, we noted that the water continued to rise at an alarming rate, even with the spillway fully operational. In order to protect the Dam and the residents, the Fire Department Pumper Truck was called to assist in bringing the level of water in the lake back to an acceptable level. Additionally, MEMA was contacted for the purpose of obtaining a large capacity pump. Later that afternoon, with the water still rising in the lake, the Highway Department located a high volume, 4,500 gallon/minute pump from a local rental company. This was put online to assist the existing Fire Apparatus in lowering the level of the dam. Around midnight, on March 15th, the water level in the Dam finally stopped rising. Crews from the Fire Department and Highway Department maintained the pumps 24/7. On the morning of March 16th, it was noted that the water level in the Dam had started to recede! The Fire Apparatus was relieved from service later that afternoon.



### Highway Department News

Pages 7-8

The first part of April was also a very busy time for the Highway Department, dealing with flood control and damage. The drain line that runs parallel to Boston Road collapsed, which diverted water from the drainage system into the house and cellar of an adjoining property on Crown Road. Approximately 100' of drain line was replaced, along with a new manhole to re-establish flow in this crucial storm drain trunk line. Another area of concern requiring immediate attention was a large area of washed out shoulder which supported a portion of Tadmuck Road. Highway crews used riprap and gravel to stabilize the road bed. The damage was caused by the area drainage system not being able to accommodate the excessive amount of water. The large amount of water also caused a landslide at the discharge point of the street drainage system, which will need to be repaired. A partial collapse of roadway also occurred in two other areas:

One on Keyes Road where the water had damaged a stone culvert to the point that only one lane was passable. The other collapsed culvert location was on Millstone Hill Road. The culverts at both these locations have been replaced by Highway Crews.

So, bringing us up to date, the Highway Department is pleased to announce that the paperwork for reimbursement was submitted to FEMA to cover the cost of these repairs. The total amount submitted was \$40,620. The FEMA reimbursement would be 75% of that amount, resulting in a \$30,465 reimbursement to the Town of Westford.

There's still a lot of work that needs to be done in association with this disaster relief bill and the Highway Department will be working to recoup any available funds for this work. Wishing you all a happy, fun-filled, safe summer!



**Planning Board welcomes new member Kate Hollister**

The Planning Board and the Board of Selectmen recently appointed Kate Hollister to serve as the newest Planning Board member, replacing Andrea Peraner-Sweet when she left the Board after her election to the Board of Selectmen. Kate has previously served the town in several capacities, including serving as Chair of the Comprehensive Master Plan Committee. The appointment was for a term of one year, until the next annual town election in 2011. The Board welcomes Kate and will benefit from her knowledge and perspective.

At a recent meeting, the Board extended its sincere thanks and appreciation for all of Andrea's work over the years, and looks forward to continuing opportunities to work together in her new role.

**Wireless Communications Facilities Planning and Bylaw Update Underway**

The Planning Board recently contracted with Isotrope LLC, a consulting firm based in Medfield, MA that specializes in providing planning and technical services to municipalities working to manage the deployment of cellular telephone infrastructure. The Board issues an RFP with a detailed scope of services, and was pleased with Isotrope's qualifications and project understanding. Initial work to evaluate the current zoning for this use is underway, and will continue through the summer. Citizens interested in supporting a working group on this topic are invited to contact Director of Land Use Management Angus Jennings at 978-692-5524 or [ajennings@westfordma.gov](mailto:ajennings@westfordma.gov).

**Comprehensive Master Plan Implementation Committee**

The Planning Board is seeking citizens to serve on a Comprehensive Master Plan Implementation Committee (CMPIC). The CMPIC will include representation from several existing Boards and Committees, and members of the Planning Board are in the process of meeting individually with those groups to receive their input on the CMPIC committee charge. The CMPIC will also include at least seven at-large citizen members, with appointments to take place over the summer.

The CMPIC will function as an advisory body to town officials and the citizenry regarding pending and future projects as they pertain to implementation of the Comprehensive Master Plan per Comprehensive Master Plan goals and activities. Interested citizens should fill out a citizen activity form on the Town website or contact Town Planner Ross Altobelli for more information.



### Land Use Management News

Pages 9-11

#### **Director of Land Use Management in leadership position for statewide planning group**

At the annual conference of the Massachusetts Association of Planning Directors (MAPD) in Plymouth, Director of Land Use Management Angus Jennings was elected to serve as the organization's Vice President for the upcoming year. MAPD Inc. is a not for profit membership organization of professional planners, dedicated to:

- Facilitating the exchange of information relevant to planning issues, techniques and innovations at the local level;
- Presenting the perspective of the planning professional at the local level with regard to legislative and programmatic proposals of various levels of government;
- Facilitating the discussion of community planning problems;
- Promoting interest in and support for community planning throughout the Commonwealth;
- Encouraging the coordination of the activities of the various professional and other planning organizations in Massachusetts; and
- Promoting fellowship and networking opportunities among members.

Angus has been active with MAPD since joining the Massachusetts planning community in 2001

#### **Conservation News**

##### **Frank Winters leaves Conservation Commission**

Recently, Conservation Commission member Frank Winters announced he will not be seeking reappointment to another term with the Commission. Frank joined the Commission in 2007. In addition to his service with the Commission he has been a board member of the Westford Conservation Trust and served on the Steering Committee of the Westford Land and Trail Stewardship Committee. He has also worked with the Parish Center for the Arts on the Gallery Committee, and was a co-founder and Treasurer of the Art on Main Gallery at 40 Main St. The Commission wishes to thank Frank for his devoted efforts on behalf of conservation in the Town, and wishes him well in his future endeavors.

**Invitation to Residents to Submit Name for Conservation Commission Vacancy**

With Frank Winters' departure, there is an opening on the Commission.

We would ask that any residents who have an interest in environmental protection and preservation and who are interested in being considered for appointment to the Commission to submit a Citizen Activity Application Form. The form is available online at [www.westfordma.gov/citizen](http://www.westfordma.gov/citizen) , or could be picked up the Town Clerk's Office at the Millennium Building. Completed forms can be submitted online or returned to the Town Clerk's Office.

The Commission's chief responsibilities are administering the State Wetlands Protection Act and local non-zoning wetlands bylaw, which primarily entails review of projects proposed to take place within 100 feet of wetlands to protect the important benefits and resource values provided by wetlands. The Commission is also responsible for acquiring and managing land for the protection of the natural resources and watersheds of the town. The Commission has over 1,700 acres in its care and custody, including the recently acquired East Boston Camps property.

The Westford Conservation Commission is comprised of seven town residents appointed by the Selectmen for three-year terms. The Commission does have some resources to pay for member education at workshops and seminars conducted by the Massachusetts Association of Conservation Commissions (MACC), including attendance at the MACC Annual Meeting. Beyond becoming as knowledgeable as possible about wetlands resources and the laws and regulations protecting them, the responsibilities of a Commissioner include attendance of at least two evening meetings a month (the Commission usually meets on the second and fourth Wednesday of each month, with occasional additional meetings), as well as at Commission site visits (which average about once a month) to inspect proposed development sites and violations.

The Commission has a full time staff person, Conservation/Resource Planner William Turner, to assist it in its tasks. If you have any questions at all regarding the Commission's work, please call Mr. Turner at 978-692-5524.



### Council on Aging News

The Council on Aging and its staff members returned to the renovated and expanded Cameron Senior Center on June 23<sup>rd</sup>. The Center is open Monday through Friday from 8AM TO 4PM, and is located at 20 Pleasant Street in Forge Village. Programs and activities are resuming on a staggered schedule as inspections are being completed and items taken out of storage. This is a facility everyone can be proud of. Please stop by for a tour!

The Council's Newsletter can be viewed online at [www.westfordma.gov/coa](http://www.westfordma.gov/coa) and photos of the construction can be seen at the Town's website at [www.westfordma.gov](http://www.westfordma.gov). Thank you to the Permanent Town Building Committee for completing this project on time and under budget. The members are Tom Mahanna, Kirk Ware, Paul Davies, Nancy Cook, Karen Cavanagh, Doug Fannan, and Gary LaValle. In addition many thanks to volunteer extraordinaire Leslie Thomas who spent many hours selecting and coordinating colors, carpet, furniture and much more!

Cameron is in need of volunteers to assist us as greeters. If you have a few hours a week to become involved, please contact our Volunteer Coordinator, Angela Gagne at [agagne@westfordma.gov](mailto:agagne@westfordma.gov) or call her at 978.399.2330.

A buzz is being created by the new Fitness Room! It houses: treadmills, elliptical trainer, recumbent bike, upright bike, recumbent stepper, lat pull-down, biaxial chest press, upper back and lower back machines, leg press, flat/incline ladder, as well as a bench and dumbbells. Registration for residents age 60 and over is now being accepted.

New and returning activities include aerobics, "bone builders", golf and mini-golf, Wii, yoga, massage, podiatry and blood pressure clinics, hearing and hearing-aid testing. Support groups will also begin. Activities to stimulate the mind include book discussion, contract and duplicate bridge, knitting, canasta, cribbage, mah Jongg, scrabble, dominoes, and pool. Social programs such as a restaurant review, a nutritional 11:30 lunch, a Kiwanis cookout featuring Mid-State Antique Auto Club are among the attractions. Senator Panagiotakis and Representative Arciero also host a cookout. Music and Art continue to be enjoyed. We are also grateful for our new Arts & Crafts Room where new classes, such as Rubber Stamping, will begin in September.

Seniors can also enjoy referrals and information from our Social Worker, Outreach Coordinator, Notary Public, Lawyer, Realtor, and a S.H.I.N.E. Counselor.

We at the Cameron Senior Center invite you to drop-in and enjoy a cup of coffee and conversation with your fellow residents. We are the home of the Community Food Pantry. Hours for pick up are the third Monday of each month from 1 to 1:30PM, as well as the third Wednesday and Thursday from 8:30 to 11:30AM.

Transportation by our handicapped accessible vans is available throughout Westford. Reservations are filled on a first-call basis by calling 978.399.2322. We look forward to serving your needs. Let us bring you to our air-conditioned facility so you don't miss out on the fun!



## Recycling Commission June 2010 Report



The Westford Recycling Commission has had another exciting month. We should be closing out the month of June with additional reductions in trash and increases in recycling tonnage. We are anxious to report the final numbers for fiscal 2010 as we are confident the year-end numbers will encourage others to come on board with our efforts to drive the trash numbers down. The year-end numbers will be published on our website within the next week.

Our most exciting project this month has been our involvement with the schools. Several schools have undertaken the recycling of plastics milk bottles; thus eliminating them from our trash. Members of the Recycling Commission spent several days with the staff and students at Crisafulli and had an absolute ball helping everyone understand why this effort is so important. In September, we will begin composting efforts at Crisafulli and hopefully the implementation of recyclable or compostable dinnerware and food trays. Special thanks to Judi Morrison, Kristina Greene, Vice Principal Vito Umbro, Jean Owens, Bronwyn Owens and her Scout Troop, and Sharon Kennelly-Vice Principal at Crisafulli, plus the custodians at each school.

June also found us holding another successful E-Cycling event. The June 26 event was held at the new Highway Garage for the first time and it was terrific. Many thanks to Chip Barrett and his crew for making this transition so easy. We had a good collection nearly filling a 53-foot trailer with electronic goods. As always, the Recycling Commission appreciates the efforts of Westford, Littleton, and Chelmsford residents in recycling their electronics and household electric goods properly.

The upcoming fiscal year holds many challenges with regard to reducing trash and increasing recycling. We are very confident that with continuing education and publicity we will reach and perhaps surpass our goal.

Respectfully submitted,  
Andrew Bergamini  
Westford Recycling Commission